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- Crackers, Melba toast, bread and rolls take less time to get ready than toast
- Set the table, mix juice and leave out utensils and dishes the night before.

Choose from four groups

It isn't just eating breakfast that counts — but eating a well-balanced breakfast. Four basic food groups provide all the nutrients needed to keep well and healthy. These groups, with their nutritional content are:

Food group	Nutritional content
Milk and milk products	Calcium, protein, riboflavin, Vitamin A
Meat, fish, poultry egg, dried beans	Protein, iron, B vitamins
Breads and cereals	B vitamins, fibre, iron
Fruit and vegetables	Vitamin A, vitamin C minerals, fibre

Why nutrients are worth bothering about

Calcium — Builds and maintains strong bones and teeth

Protein — Essential in building and repairing muscle and body tissue

Riboflavin — This B vitamin keeps eye and skin tissues healthy

Iron — Oxygen-carrying red blood cells are made from iron

B Vitamins — This complex of vitamins helps your body use the foods you eat

Minerals — Regulate body functions and processes

Vitamin A — Maintains healthy eyes and skin

Vitamin C — Plays a protective role in gums, teeth and bones

Fibre — Maintains regularity of the digestive system



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Breakfast in a hurry

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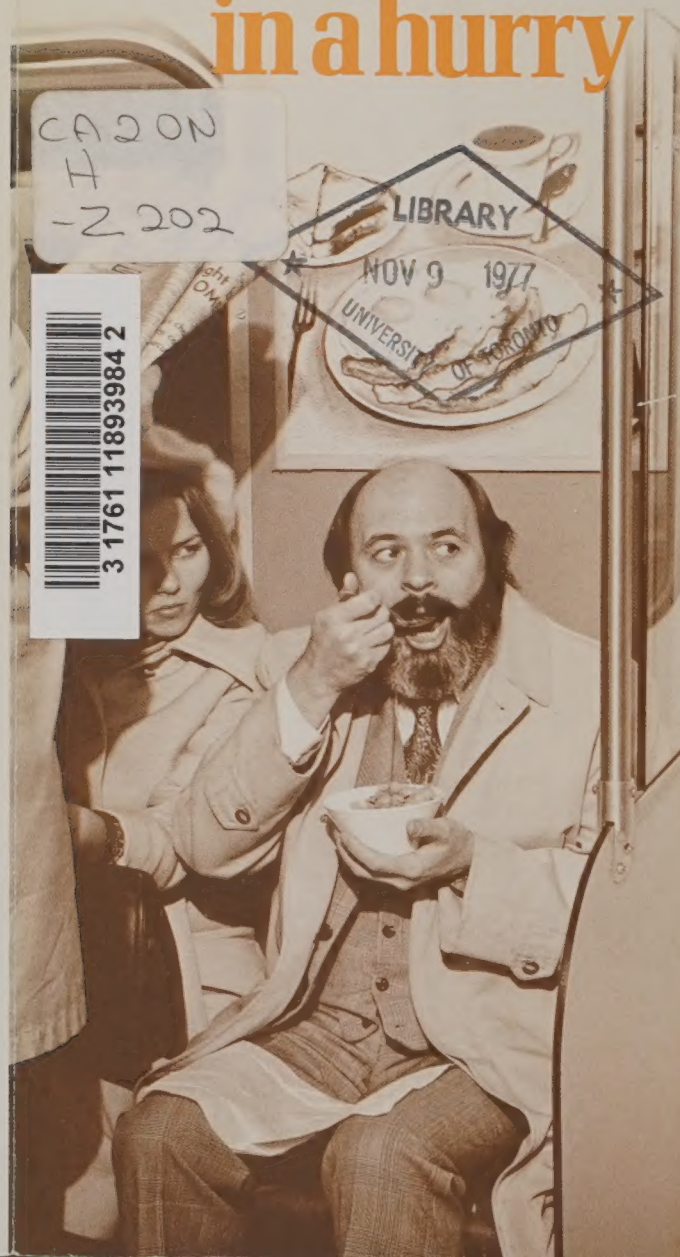


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Breakfast in a hurryhurryhurryhurryhurryhurry

Breakfast in a hurry — even if it takes only a few minutes — is better than none at all. After an all-night sleep, the body's functions and processes have slowed down and it needs energy and nourishment to get going again.

Something nourishing to eat in the morning provides energy and stamina to last at least until lunchtime. Children do better in school and are more lively in their play, if they've eaten breakfast; and adults feel better, are more alert and work more productively.

What constitutes a good breakfast doesn't depend on how long it takes to prepare or to eat. But it should be nutritious enough to supply the body with the nutrients needed for energy and well-being.

An apple, orange, banana, milkshake, hard-boiled egg, peanut butter sandwich, piece of ham or cheese — even a carrot stick — are all nutritious breakfast choices. They're easy to have on hand or to prepare, and take little time to eat.

To strike a happy nutritional balance, the ideal breakfast should include something from each of these basic food categories: — meats or other protein foods like eggs or cheese; fruits and vegetables; milk or milk products; and cereals or breads.

There's a variety of good foods in all the food categories. Something from each category provides far more nutritious eating than a mid-morning snack of chocolate bars, pastry or doughnuts. Protein foods such as milk, eggs, cheese or peanut butter are especially important because they are used more slowly by the body. Therefore, they provide energy for a longer period of time than do the quick energy foods. After a nutritionally satisfying breakfast, high-calorie foods — with little or no food value apart from energy — aren't nearly so tempting.

Plan imaginatively

Imaginative planning makes breakfast more appealing and breaks the monotony of facing the same foods every morning. Consider these suggestions for quick breakfasts on the run, regular breakfasts when there's more time to spare, and special-occasion breakfasts or brunches to eat at a more leisurely pace.

Quick

Orange juice
Fruit yoghurt
Bran muffin

Apple
Cheddar cheese cubes
Wholewheat crackers
Milk

Grapefruit juice
Peanut butter and raisin sandwich
Milk

Blender fruit-nog (1 cup milk, 1/2 cup fruit slices, 1 egg, flavoring)
Corn muffin

Regular

Unsweetened pineapple chunks
Grilled cheese and bacon on hamburger bun
Hot chocolate

Tomato juice
Poached egg on English muffin
Café au lait

Applesauce
Toasted ham sandwich
Milk

Orange half
Wholegrain cereal with fruit and nuts
Milk

Special

Fresh fruit slices
Cheese omelet
Grilled sausages
Oatmeal muffin
Milk

Chilled melon
Fruit-filled pancakes
Café au lait

Orange sections
Baked egg in tomato half with Parmesan cheese topping
Toast quarters
Spiced tea

Baked apple
French toast with maple syrup
Bacon
Hot chocolate

Eat and stay trim

Skipping breakfast isn't necessarily slimming. It can be fattening, because of temptation during mid-morning slump to nibble on something before lunch — usually on foods loaded with calories and lacking in nutritional value. Eating between meals is a bad habit, especially at the expense of losing out on a good breakfast, which can go a long way to meeting daily nutrient needs.

For people in a hurry

Here are a few hints for preparing breakfast in minimum time:

- Eat foods that don't require cooking — cold meats, cheese or canned fish
- Eat refrigerated leftovers — casseroles, meat, milk puddings
- Make an extra sandwich for breakfast when preparing lunch at night
- Use ready-to-eat wholegrain cereals